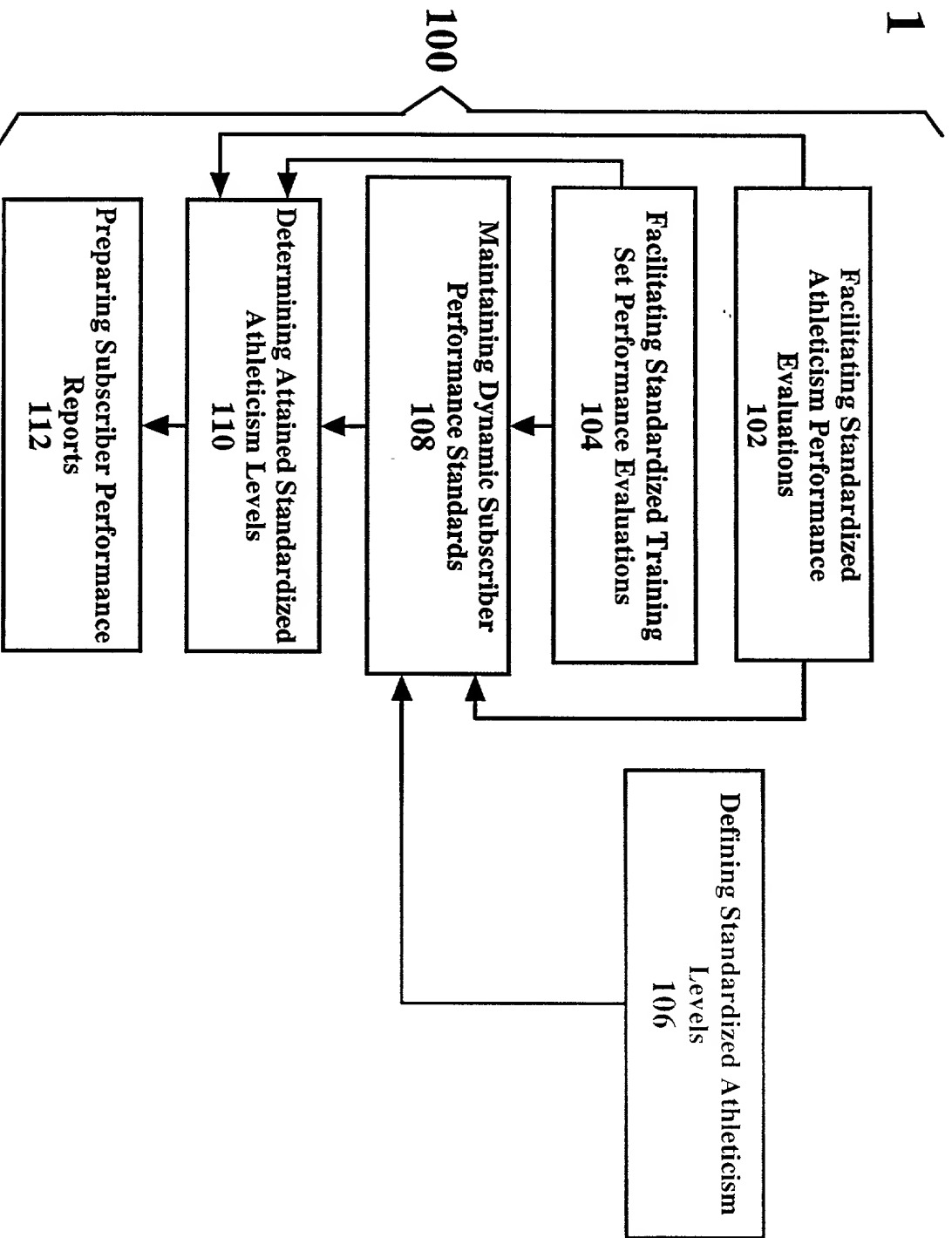
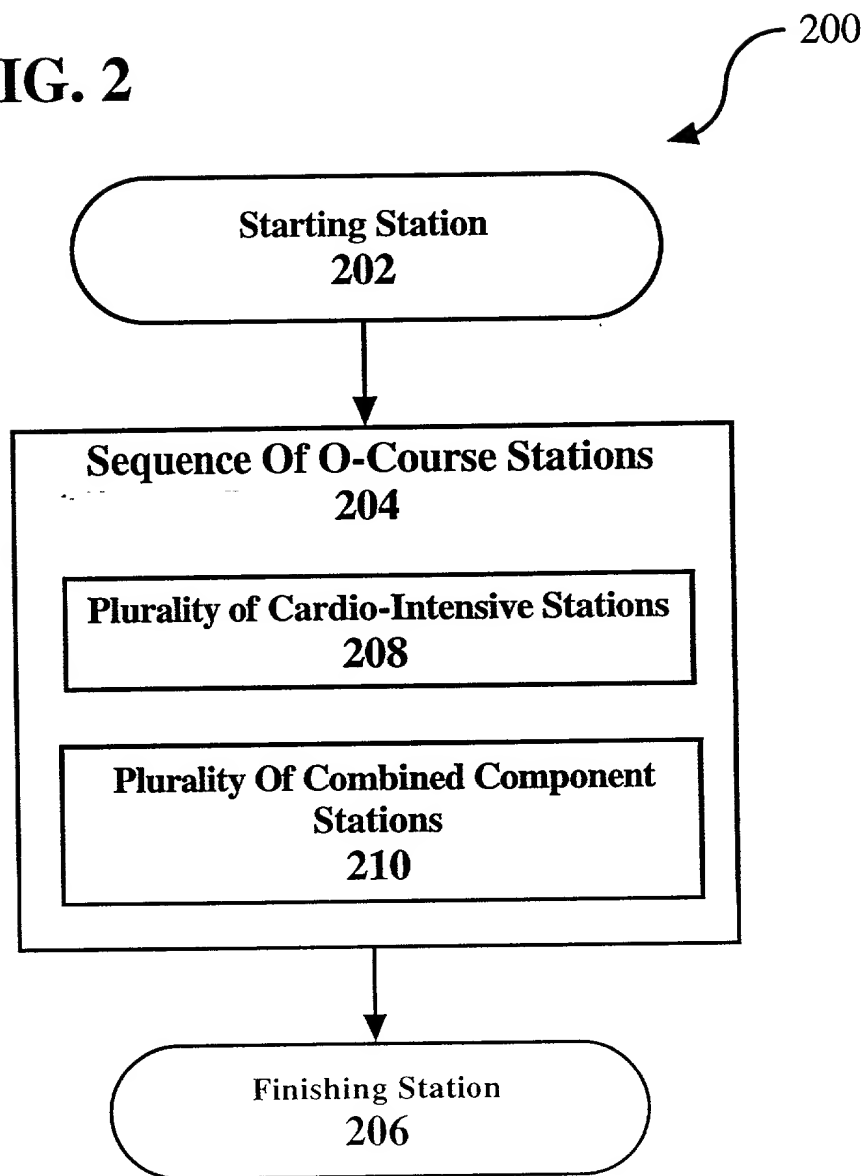


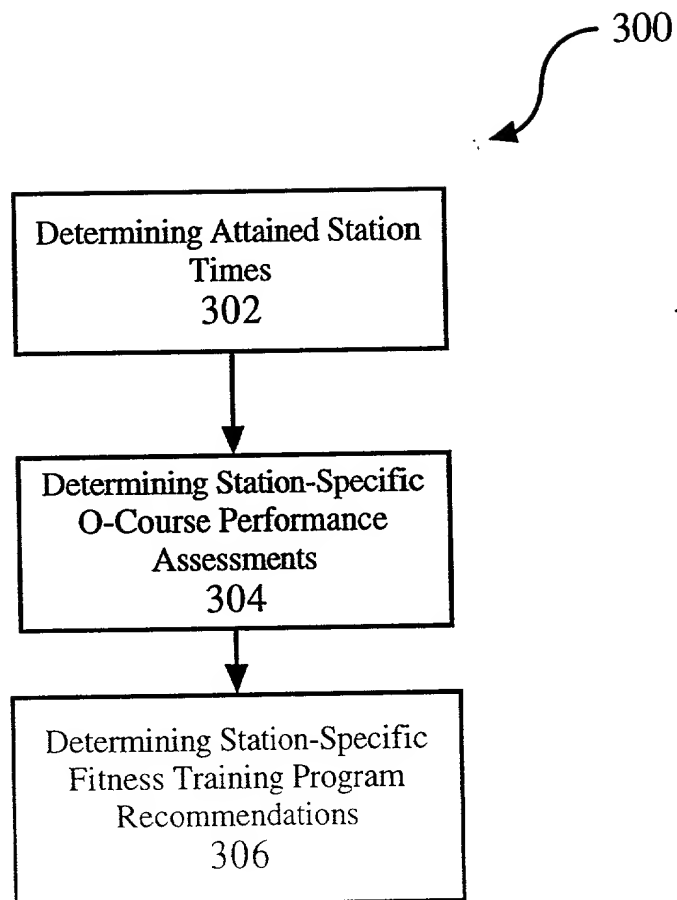
**FIG. 1**



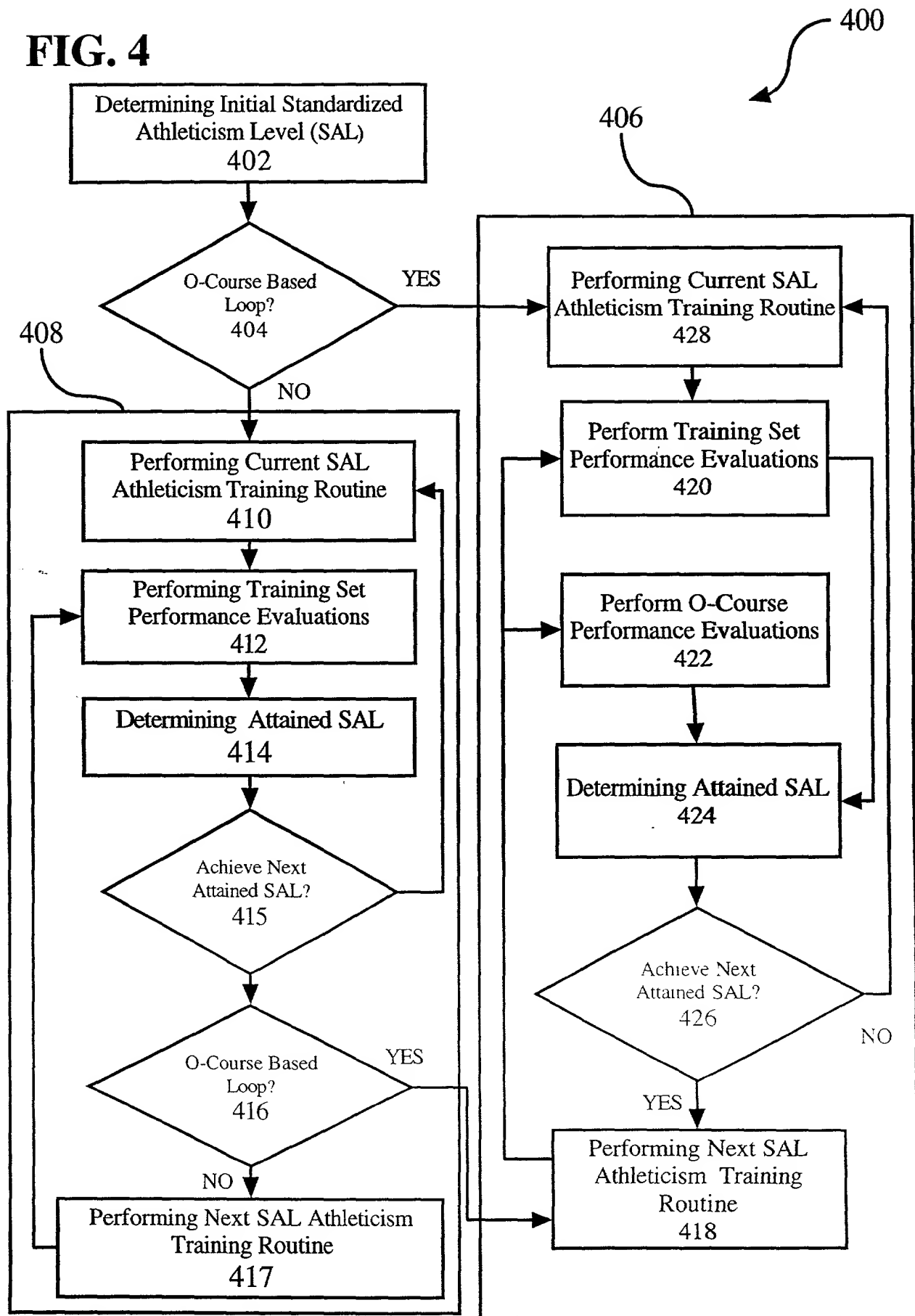
**FIG. 2**



**FIG. 3**



**FIG. 4**



**FIG. 5**

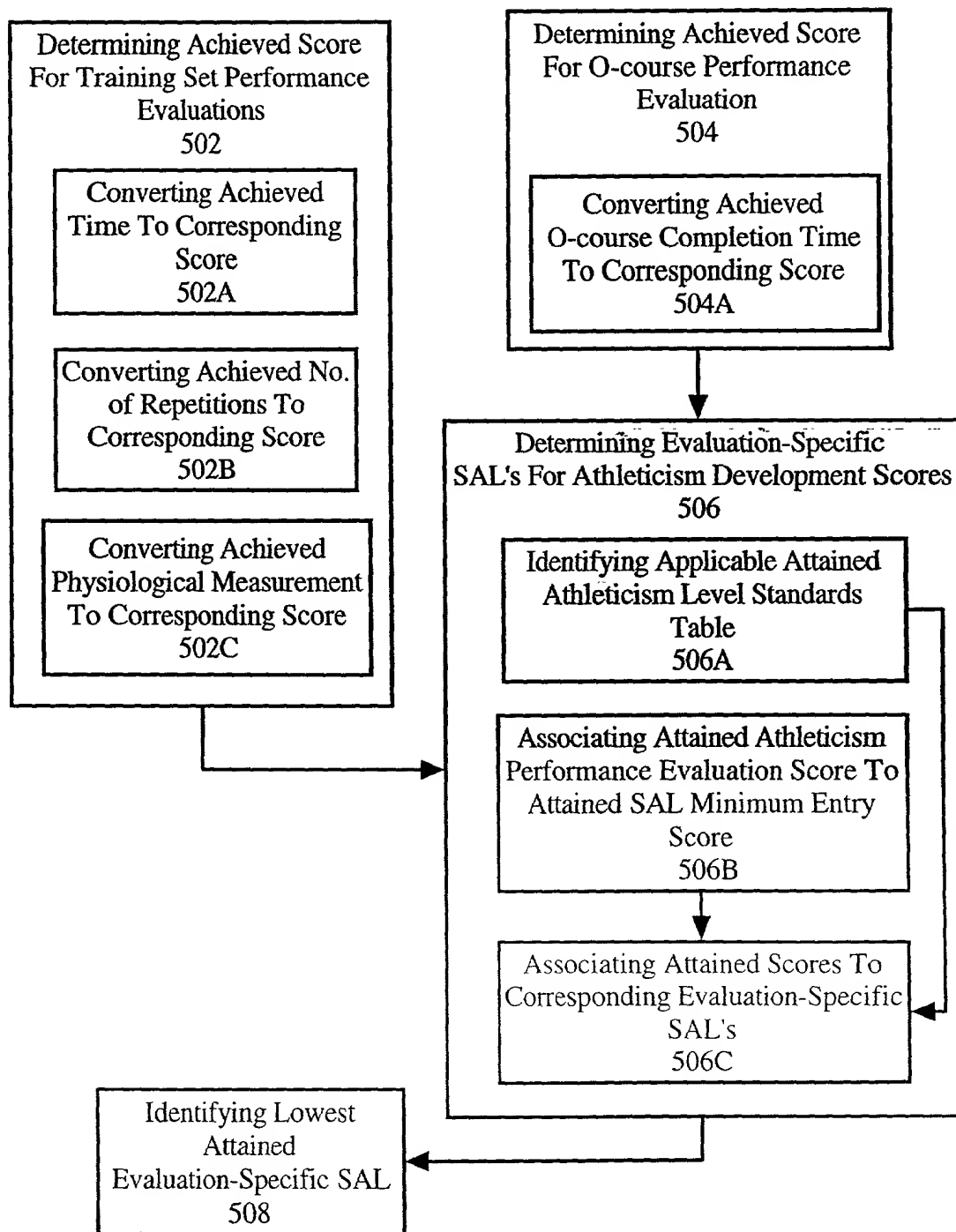


FIG. 6

600

602

LEVEL	Resting Heart Rate	Body Fat	3 Minute	Push-Up	Sit-Up	1 1/2 Mile Run	Flex	T-Test	40 Yd. Sprint
L7	1111	1740	1076	993	1000	1014	1111	1015	975
L6	983	1624	966	800	800	812	1000	892	893
L5	923	1436	876	542	533	713	889	803	759
L4	857	1304	801	284	266	649	833	715	630
L3	811	1104	732	129	133	586	667	602	520
L2	740	836	675	65	67	550	556	498	390
Novice	681	600	607	13	12	468	389	377	310

604

LEVEL	White	Red	Black
L7		1740	1076
L6		1075	966
L5		890	690
L4	1450	850	
L3	987		

# Subscriber Performance Report: Summary Page

**SAL: 4**

---

**Summary**
Training Set
O-Course

---

## Select Comparison Population

- ☐ Your Fitness Club Subscribers
- ☒ City-Wide Subscribers
- ☐ Regional Subscribers
- ☐ State Subscribers
- ☐ National Subscribers
- ☐ Global Subscribers
- ☐ Best-Of-The-Best Subscribers

## Define Comparison Criterion

Age

Gender

Program Background

---

## Rankings

Overall Attained SAL Ranking:	<input type="text" value="381"/>	of	<input type="text" value="2,432"/>	<input type="text" value="16"/>	Percentile
Training Set Evaluation Ranking:	<input type="text" value="204"/>	of	<input type="text" value="2,432"/>	<input type="text" value="8"/>	Percentile
O-Course Evaluation Ranking:	<input type="text" value="437"/>	of	<input type="text" value="2,432"/>	<input type="text" value="18"/>	Percentile
Weeks-In-Program Ranking:	<input type="text" value="80"/>	of	<input type="text" value="2,432"/>	<input type="text" value="16"/>	Percentile
Days At Present level Ranking:	<input type="text" value="619"/>	of	<input type="text" value="2,432"/>	<input type="text" value="26"/>	Percentile

**FIG. 7B**

**Subscriber Performance Report: Training Set Page**  
**For Evaluation on 8/14/01**

**SAL:4**

Summary

Training Set

O-Course

708

724

PB

726

Component-By-Component Rankings

720

Resting Heart Rate: 452 of 2,432 19 Percentile

More Info

Skin Fold Measurement: 642 of 2,432 26 Percentile

More Info

Push-Up Test: 858 of 2,432 35 Percentile

More Info

Sit-Up Test: 35 of 2,432 1 Percentile

More Info

3-Minute Step Test: 534 of 2,432 22 Percentile

More Info

Flexibility Test: 611 of 2,432 25 Percentile

More Info

Pull-Up Test: 524 of 2,432 22 Percentile

More Info

1.5-Mile Timed Run Test: 860 of 2,432 35 Percentile

More Info

T-Test: 123 of 2,432 5 Percentile

More Info

40-Yard Sprint: 835 of 2,432 34 Percentile

More Info

Component-By-Component Score Assessment

722

Current Score

Score Difference

Resting Heart Rate: 54 bpm -1 bpm

More Info

Body Fat: 18 units -3 units

More Info

Push-Up Test: 42 reps/min. +6 reps/min.

More Info

Sit-Up Test: 38 reps/min. +9 reps/min.

More Info

3-Minute Step Test: 72 bpm -10 bpm

More Info

Flexibility Test: 9.25 in. +4.5 in.

More Info

Pull-Up Test: 42 reps. +8 reps.

More Info

1.5-Mile Timed Run Test: 10.4 min. -4.6 min.

More Info

T-Test: 31 sec. -2.1 sec.

More Info

40-Yard Sprint: 5.8 sec. -1.3 sec.

More Info



FIG. 7C

**Subscriber Performance Report: O-Course Page** **SAL: 4**

**For Evaluation on 8/15/01**

Summary Training Set O-Course Red Course

700 706 708 734

### Component-By-Component Rankings

732 PB 734 More Info

Station 1:	645	of 2,432	27	Percentile	Station A:	645	of 2,432	27	Percentile
Station 2:	822	of 2,432	34	Percentile	Station B:	15	of 2,432	1	Percentile
Station 3:	254	of 2,432	10	Percentile	Station C:	745	of 2,432	31	Percentile
Station 4:	234	of 2,432	10	Percentile	Station D:	452	of 2,432	19	Percentile
Station 5:	86	of 2,432	4	Percentile	Station E:	957	of 2,432	39	Percentile
Station 6:	451	of 2,432	19	Percentile	Station F:	533	of 2,432	22	Percentile
Station 7:	94	of 2,432	4	Percentile	Station G:	826	of 2,432	34	Percentile
Station 8:	253	of 2,432	10	Percentile	Station H:	722	of 2,432	30	Percentile
Station 9:	471	of 2,432	19	Percentile	Station I:	105	of 2,432	4	Percentile
Station 10:	926	of 2,432	38	Percentile	Station J:	572	of 2,432	24	Percentile

728

### Station-By-Station Comparison

#### Combination Stations

Station	Current Time	PB	Time Difference	More Info	
Station 1:	5.4	sec.	-1.4	sec.	More Info
Station 2:	6.3	sec.	-0.3	sec.	More Info
Station 3:	6.5	sec.	-0.6	sec.	More Info
Station 4:	12.8	sec.	-2.1	sec.	More Info
Station 5:	26.4	sec.	-3.2	sec.	More Info
Station 6:	18.1	sec.	-1.7	sec.	More Info
Station 7:	19.7	sec.	-10.2	sec.	More Info
Station 8:	24.4	sec.	-2.4	sec.	More Info
Station 9:	53.6	sec.	-13.2	sec.	More Info
Station 10:	22.6	sec.	-3.2	sec.	More Info
Total:	195.8	sec.	-38.3	sec.	

#### Aerobic Intensive Stations

Station	Current Time	PB	Time Difference	More Info	
Station A:	7.4	sec.	-0.4	sec.	More Info
Station B:	7.8	sec.	-0.2	sec.	More Info
Station C:	12.6	sec.	-0.4	sec.	More Info
Station D:	12.9	sec.	-0.7	sec.	More Info
Station E:	8.6	sec.	-1.4	sec.	More Info
Station F:	13.1	sec.	-2.7	sec.	More Info
Station G:	12.6	sec.	-2.3	sec.	More Info
Station H:	13.1	sec.	-2.1	sec.	More Info
Station I:	12.2	sec.	-3.3	sec.	More Info
Station J:	5.1	sec.	-0.8	sec.	More Info
Total:	105.4	sec.	-14.3	sec.	

734

730

